

Session Two: Record Keeping and Portion Sizes

Do you know how MUCH you are eating?

One of the key ways to promote fat loss is to control your portion sizes. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%. If you are a healthy eater, it is possible to sabotage your efforts by eating more than the recommended amount of food. If nutrients are available at proper times and in the proper quantities, your body can use them for energy to keep you feeling full, promote muscle growth and burn fat.

Importance of accuracy

Under eating or overeating may cause muscle tissue loss or fat gain. A serving isn't what you happen to put on your plate. It's a specific amount of food defined by common measurements, such as cups, ounces or pieces.

How to Estimate Portion Sizes

Learn food weights, measurements and portions by using the examples below and by using a food scale, measuring cups and spoons in your kitchen.

Typical Portion Sizes:

- 1 ounce of cheese is about the size of 4 dice
- 1 fruit serving is about the size of a baseball
- 1 serving ($\frac{1}{2}$ cup) of vegetables, pasta or rice $\frac{1}{2}$ of a baseball
- 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards
- 2 tablespoons of peanut butter is about the size of a large marshmallow
- 1 serving (1 cup) of milk, yogurt or fresh chopped greens is a fist

Tips:

- Take time to "eyeball" the serving sizes of your favorite foods.
- Measure out single servings onto your plates and bowls, and remember what they look like.
- Avoid serving food "family style." Prepare plates with appropriate portions in the kitchen, and don't go back for seconds.
- Never eat out of the bag or carton.

What gets Measured, Gets Managed

One of the most powerful ways you learn is from yourself, keeping a journal will teach you more about you than any book you read or course you take. Many people are unaware of their unsupportive habits. Denial and vague ideas are of no use in the process of achieving results. You need to be in control of the way you eat and move and all the variables and you can't control something you've never measured! ENTER – The Fitness Journal

Your goal is to keep a journal. Do your best to fill it in accurately every day. Record everything you eat and the workouts that you perform. There are two reasons do this as soon as you get started.

One, you need to see how “off” your nutrition is. Two, you need to see how “off” your exercise is. Even if you don't record your foods accurately, you'll have to make a conscious choice to guess or omit – which is an admission to yourself (though not to me) that your nutrition and exercise habits need improvement.

It is inevitable that there will be some who are simply lazy and forget to record, while still others are so deep in denial that they'll lie outright with no regrets. For both types, sticking to an integrated fitness program will be either extremely difficult or impossible. For most people, journals are excellent motivational tool and will help them commit to new, supportive habits.

FYI: Tracking your daily food intake and exercise habits is a great way to take action and prove to yourself that you are serious about your achieving your goals! Don't worry about the occasional setback – you are only human! Instead of giving up entirely, simply start fresh the next day. Make an effort to do better than you did the day before. Keep in mind that lifestyle changes won't happen overnight. Be patient, make small changes and gradually add new supportive habits.

Journal Guidelines:

Time: Write the time of day you ate the food.

What kind: Write down the type of food you ate. Be as specific as you can. Don't forget the "extras," such as soda pop, salad dressing, mayonnaise, butter, sour cream, sugar and ketchup.

How much: Record the amount and calories of the particular food item you ate. This is very important!

Where: Write what room or part of the house you were in when you ate. If you ate in a restaurant, fast-food chain or your car, write that location down.

Helpful Hints:

1. Be Honest. There's nothing to be gained by trying to look good in your journal. Your Fit Pro can help only if you record what you really eat.
2. Record what you eat each day. Keep your journal with you all day, and write down everything you eat or drink.
3. Do it now. Don't depend on your memory at the end of the day. Record your eating as you go. Be Specific. Make sure you include "extras," such as gravy on your meat or cheese on your vegetables.

By keeping records of your past, you will shape your future. See something you like in your past? Work to replicate it. See something you don't like? Work to re-shape it.

Portions, Weights, Measures and Conversions

Dry Measures		Liquid Measures
3 tsp.	1 Tbs.	½ fl. Oz
6 tsp.	2 Tbs.	1 fl. Oz
4 Tbs.	1/4 cup	2 fl. Oz.
5 1/3 Tbs.	1/3 cup	2.7 fl. Oz.
8 Tbs.	1/2 cup	4 fl. Oz.
12 Tbs.	3/4 cup	6 fl. Oz.
16 Tbs.	1 cup	8 fl. Oz.
2 cups	1 pint	16 fl. Oz.
4 cups	1 quart	32 fl. Oz.
4 quarts	1 gallon	128 fl. Oz.

Volume Measures

1 tsp.	1/3 Tbs.	1/6 fl. Oz.
3 tsp.	1 Tbs.	½ fl. Oz.
2 Tbs.	1/8 cup	1 fl. Oz.
4 Tbs.	¼ cup	2 fl. Oz.
5 ½ Tbs.	1/3 cup	2 2/3 fl. Oz.
8 Tbs.	½ cup	4 fl. Oz.
10 2/3 Tbs.	2/3 cup	5 1/3 fl. Oz.
12 Tbs.	¾ cup	6 fl. Oz.
14 Tbs.	7/8 cup	7 fl. Oz.
16 Tbs.	1 cup	8 fl. Oz.

Many foods increase in volume when they are cooked. Compare the dry and cooked measures of the following foods.

Food	Dry Measure	Cooked Measure
Barley	1 cup	3 ½ cups
Beans, dried	1 cup	2 cups
Buckwheat/Kasha	1 cup	2 ½ cups
Bulger Wheat	1 cup	2 ½ cups
Cornmeal	1 cup	3 cups
Lentils	1 cup	2 ¼ cups
Lima, baby	1 cup	1 ¾ cups
Lima, regular	1 cup	1 ¼ cups
Noodles	8 oz. Dry	4 cups
Oatmeal	8 oz. Dry	
Pasta		
Cooked firm	8 oz. Dry	4 ¼ cups
Cooked soft	8 oz. Dry	5 ¼ cups
Couscous	1 cup	2 cups
Rice	1 cup	3 cups
Rice, wild	1 cup	3 ½ cups
Whole wheat, grains/berries	1 cup	2 2/3 cups

Your Guide to Food Serving Sizes

Carbohydrates: Bread, Cereal, Rice & Pasta Group: (80kcal/serving)

Just because it's on this list doesn't mean you should be eating it!!

1 Carbohydrate serving =

<ul style="list-style-type: none"> 1 slice of bread 1oz of ready to eat cereal ½ cup of cooked rice or pasta ½ large baked potato ½ cup corn ¼ cup baked beans 2 taco shells (6in) 6 saltines 1 biscuit 1 cup clam chowder 2" piece of corn bread 3 graham crackers 1 dinner roll 1 small muffin 3 cups popped popcorn 3 hard pretzels 2 rice cakes 2 pieces of licorice 1 granola bar 1 small waffle ¾ cereal bar ½ cup mashed potatoes ¼ large bagel (4.5") 1 Pita 6 inches across 1 flour Tortilla 7-8 in across 1 ½ cups puffed cereal 1 tablespoon honey ½ Acorn Squash ½ medium sweet potato ¼ cup hummus ½ large whole wheat pita 	<ul style="list-style-type: none"> ½ cup flaked cereal ½ cup of cooked cereal ½ bagel (3.5") 1/3 cup couscous ½ cup peas 1/3 cup kidney beans 3 cups of cooked popcorn 1 slice of angel food cake ½ hot dog or hamburger bun 3 small fat-free cookies 1 corn on the cob 6 butter crackers ½ english muffin 1 small pancake ½ pita 10 pretzel sticks 4 ounces spaghetti sauce ½ cup yams 5 animal crackers 3 fig newtons ½ cup stuffing 2 rice cakes 2 Bread Sticks 4in long 1/4c granola 1/4c grape nuts ½ c sugar frosted cereal 1 Fruit snack (1 roll) ½ cup cooked barley 1 cup butternut squash 1 medium white potato
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Vegetable Group: (25kcal/serving)

1 Vegetable serving =

<ul style="list-style-type: none"> 1 cup of raw leafy vegetables Artichoke, 1 small 1 cup of V-8 juice ½ cup steamed broccoli 1cup raw 1 cup steamed cabbage, 2 cups raw ¼ chopped onion 1 cup yellow squash 1/3c boiled beets ½ cup steamed greens (collards, kale) ½ cup raw green, yellow, red peppers 2 cups raw turnips 	<ul style="list-style-type: none"> 1 cup tomato juice 1 cup zucchini ¾ cup bean sprouts 1cup eggplant 5 raw mushrooms ½ cup green beans 1 cup asparagus, 10 spears 1c cooked/raw cauliflower ½ cup steamed okra 1 med tomato ½ cup salsa
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Vegetables that can be eaten in unlimited quantity

Celery, cucumber, lettuce, radish, and watercress

Fruit Group: (60kcal/serving)

1 Fruit serving =

1 medium size piece of fruit such as an apple, banana, or orange, peach, pear	½ cup of canned fruit
¼ cup of dried fruit	½ cup of chopped raw fruit
½ cup of apple juice	½ cup of applesauce
8 halves of dried apricots	12 fresh cherries
¾ cup canned grapefruit	½ cup of pears
3 teaspoons jelly preserves	½ cup fruit salad
1 avocado	¾ cup blueberries
½ cup grapes	1 fig bar
2 medium plums	¾ cup pineapple
2 Tbsp raisins	½ cup fruit cocktail
1 cup honey dew melon	2 Kiwi
¾ cup mandarin oranges	1 ¼ cup watermelon
1 cup raspberries	½ cup orange juice
½ cup grapefruit juice	1/3 cup prune juice
2 small nectarines	4 med apricots
1 cup blackberries	½ med cantaloupe
¾ whole mango	2 cups watermelon chunks

Milk, Yogurt, & Cheese Group: (90-150kcal/serving)

1 Dairy serving =

1 cup of milk (skim, 1%, 2%)	1.5 oz of natural cheese
1 cup of plain yogurt	½ cup of evaporated skim milk
2 ounces of mozzarella cheese	¾ 2% cottage cheese
1 cup nonfat cottage cheese	

Protein: Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group: (35-100kcal/serving)

1 Protein serving =

Low Fat

- 1 ounces of fish
- 1 ounce shellfish
- ¼ cup of egg substitute
- 1 ounce chicken
- 1 ounce turkey
- 2 egg whites
- 1 ounce shrimp or tuna fish

Medium Fat

- 1 ounce ground round or ground chuck
- ¼ cup tofu

High Fat

- 1 ounce of beef
- 1 ounce ham
- 1 tablespoon peanut butter
- 1 ounce of nuts
- 2 sausage links

Vegetable Protein + 1 Starch

½ cup of black beans	½ cup cooked red beans
½ cup cooked kidney beans	½ cup cooked lentils
½ cup black eyed peas	1/3 cup cooked soy beans
½ cup cooked white beans	½ cup cooked garbanzo beans
¾ cup cooked green peas	

Fats: (45kcal/serving)

1 Fat serving =

1 tsp oil (olive, peanut)	8 large olives
1 tsp margarine	1tsp mayonnaise
1 Tbsp reduced fat mayonnaise	1 Tbsp salad dressing
1 Tbsp cream cheese	2 Tbsp sour cream
1 tsp butter	6 whole small walnuts
1 Tbsp Sunflower seeds	½ Tbsp Almond butter
1 tsp Flax oil	6 whole small pecans
6 whole small cashews	1/8 med avocado
½ Tbsp cashew butter	